

# Platinum #5B

Write a policy that requires lunch to be at least twenty minutes long from the time students are seated and held between 11am and 1pm.



**Definition:** A policy must be written that requires:

- Breakfast (if available) to last at least 10 minutes after students have been seated
- Lunch to last at least 20 minutes after students have been seated
- Lunch to be scheduled between 11:00 AM and 1:00 PM for all students

**Rationale:** The time students eat and the amount of time they are given to eat is important in forming good eating habits. If students eat at irregular times they are more likely to form unhealthy eating habits such as snacking on unhealthy food in between meals. If students are not allowed enough time to eat they are less likely to enjoy their food and try healthier options.<sup>1</sup>

Students who have healthy eating habits do better in the classroom. Those students who are undernourished continually earn lower test scores and are distracted in the classroom, preventing them from performing at their highest level.<sup>2</sup>

1. Journal of the American Dietetic Association, *Position of the American Dietetic Association: Local Support for Nutrition Integrity in Schools*, 106(1), January 2006
2. American Journal of Public Health, *Physical Education and Academic Achievement in Elementary School: Data From the Early Childhood Longitudinal Study*, 98(4), April 2008

## Resources

*Changing the Scene*

A Guide to Local Action

Fit, Healthy, and Ready to Learn

Pages 21-22

Tab E: Healthy Eating Pgs 1 & 17

# Assignments

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## **School Coordinator Assignments**

- Determine school's current policy
- Determine how school will incorporate policy
- Review policy
- Introduce policy in faculty meeting
- Promote awareness of the policy among school leaders and teachers
- Assess teacher awareness of the policy

## **Mentor Assignments**

- Provide school coordinator with ideas/resources to support this policy
- Provide examples of written policy to school coordinator
- Write policy; give draft to school coordinator and principal
- Submit a draft of the policy to your LHD
- Revise policy if necessary and submit to principal for endorsement
- Provide school coordinator with promotion ideas
- Include the final policy with the end-year report

## Platinum #5B Ideas

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- Place a timer on each table. Set timer for 10 minutes for breakfast and 20 minutes for lunch, students are not allowed to leave the table until the timer has gone off
- Increase the lunch period in small increments until you reach 20 minutes by the end of the school year. This will allow students to slowly adjust to the change.
- Require students to be excused by lunch personnel before they can leave the cafeteria
- Schedule recess before lunch to ensure that students don't rush out to recess without eating their lunch first



# Adequate Eating Time Policy Template

A policy defines an action a school will be taking to improve their health environment. Policies make lasting changes and stay with the school through faculty and administrative changes.

A Gold Medal Schools policy must include an Intent, Rationale, and Reinforcement. The school's copy of the policy must also include the principal's signature. Use this template to write your policy (all information is required).

A sample policy for this criterion can be found on the next page.

## **The policy must include...**

- ❑ Intent
  - "Lunch will be served between 11:00 AM and 1:00 PM"
  - "Students will have at least twenty minutes to eat their lunch from the time students are seated."
  - "Students will have at least ten minutes to eat their breakfast from the time students are seated." (This statement may be omitted if school does not serve breakfast.)
- ❑ Rationale
  - Support for this policy
- ❑ Reinforcement
  - How this policy will be communicated to appropriate people
  - "This policy will be reviewed each year and when schedule changes are being made."

# Adequate Eating Time Policy

**Intent:** Green Meadow Elementary will regulate the time that meals are served and the length of time that students have to eat their meals.

Breakfast will be served from 7:30 am to 8:00 am. Students will be allowed at least ten minutes to eat their breakfast from the time they are seated.

Lunch will be served from 11:00 am to 1:00 pm. Students will be allowed at least twenty minutes to eat their lunch from the time they are seated.

**Rationale:** The time students eat and the amount of time they are given to eat is important in forming good eating habits. If students eat at irregular times they are more likely to form unhealthy eating habits such as snacking on unhealthy food in between meals. If students are not allowed enough time to eat they are less likely to enjoy their food and try healthier options.<sup>1</sup>

Students who have healthy eating habits do better in the classroom. Those students who are undernourished continually earn lower test scores and are distracted in the classroom, preventing them from performing at their highest level.<sup>2</sup>

**Reinforcement:** The principal will make schedule changes to ensure that meals are served at the proper time and that students have enough time to eat. This policy will be discussed in faculty meeting. The principal will send a letter to parents informing them that the amount of time students have to eat has been increased. This policy will be reviewed each year and when making scheduling changes to ensure proper timing of meals.

## PRINCIPAL ENDORSEMENT

\_\_\_\_\_  
Principal's Name

\_\_\_\_\_  
Principal's Signature

\_\_\_\_\_  
Date

1. Journal of the American Dietetic Association, *Position of the American Dietetic Association: Local Support for Nutrition Integrity in Schools*, 106(1), January 2006
2. American Journal of Public Health, *Physical Education and Academic Achievement in Elementary School: Data From the Early Childhood Longitudinal Study*, 98(4), April 2008